Stressbusters Spring '23 Plaintext calendar

Monday, May 1st 2023

Weekday Morning Sitting Meditation
8:30am-8:45am
McCullough Reflection Space above the Crest Room
Hosted by the Scott Center
Join us for a brief sit led by a faculty or Scott Center staff.

TYSM (Thank you so much)
11:30am-12:30pm
Library vestibule
Hosted by Health & Wellness Education
Drop by our table to feel the gratitude - write a thank you card to a friend, roommate, or professor who helped get you through this semester.

Knoll Garden Volunteer Hours
1:00pm-3:00pm
The Knoll
Hosted by The Knoll staff
Ongoing Garden Volunteer Hours - Come see what we're up to at the Knoll! go/knollhours

Stress-Less Scavenger Hunt
Starting at 3:00pm
All over campus
Hosted by Health & Wellness Education
Visit some or all of the stops around campus to earn prizes & stress management strategies. Find the clues at go/SLscavengerhunt

Here & Now
4:00pm-4:30pm
McCullough Reflection Space above the Crest Room
Hosted by Counseling staff
Lighten your mental load with brief mindfulness practices that encourage calm and focus.

Stressbusters Spring '23 Plaintext calendar

Tuesday, May 2nd 2023

Weekday Morning Sitting Meditation
8:30am-8:45am
McCullough Reflection Space above the Crest Room
Hosted by the Scott Center
Join us for a brief sit led by a faculty or Scott Center staff.

Nature Art
1:00pm-1:30pm
Meet at CFA terrace and walk to Red Kelly trail
Hosted by Counseling staff
Unplug and appreciate the order and chaos of nature. Observe, play in the dirt, or gently create art with natural materials. Stay just a minute or as long as you need.

Lawn Days
2:00pm-4:00pm
Battell Beach
Hosted by the AFC
The AFC will have lawn games, drinks, and snacks out for students to just drop by and "take a load off." This is meant to be a laid back moment to play some games and hang out while taking a break from studying.

Open therapy dog time
4:00pm-5:00pm
McCollough Patio (or outside Crossroads Cafe if needed for weather)
Hosted by Counseling staff
Come slow your pulse, take a deep breath, and make some new friends with therapy dogs Stella and Milo! They cannot wait to meet you.

The SlowDown
4:30pm-5:30pm
46 South St.
Hosted by the Scott Center
Join us for homemade chai and cookies, conversation and crafting!

Just Rant
5:00pm-6:00pm
Axinn 220
Hosted by JusTalks
Finals got you down? Join JusTalks in a safe, open space to just rant about any problems or stresses you have.

Stressbusters Spring '23 Plaintext calendar

Wednesday, May 3rd 2023

Weekday Morning Sitting Meditation
8:30am-8:45am
McCullough Reflection Space above the Crest Room
Hosted by the Scott Center
Join us for a brief sit led by a faculty or Scott Center staff.

Wakeful Wednesday
12:10-12:30pm
Middlebury Chapel
Hosted by the Scott Center
20 minutes of mindfulness and reflection, led by Dean of Spiritual & Religious Life Mark Orten.

Paint picnic!
2:00pm-4:00pm
Battell Beach
Hosted by Health & Wellness Education
Come enjoy a sunny day of painting landscapes - or whatever else you want! Paint supplies & picnic blankets provided.

Let's Talk
2:00pm-4:00pm
Virtue Field House Room 279
Hosted by Counseling staff
Informal and confidential conversations with a counselor. Drop ins welcome.

Lawn Days
2:00pm-4:00pm
Battell Beach
Hosted by the AFC
The AFC will have lawn games, drinks, and snacks out for students to just drop by and "take a load off." This is meant to be a laid back moment to play some games and hang out while taking a break from studying.

Tea and cookie decorating
4:00pm-5:00pm
CTLR Davis 225
Hosted by the Center for Teaching, Learning and Research
Join us for comforting tea and cookie decorating. We will provide everything, including some decorating ideas-- all you need to bring is your design skills!

Stressbusters Spring '23 Plaintext calendar

Thursday, May 4th 2023

Weekday Morning Sitting Meditation
8:30am-8:45am
McCullough Reflection Space above the Crest Room
Hosted by the Scott Center
Join us for a brief sit led by a faculty or Scott Center staff.

Walking group with Stella
2:00pm-4:00pm
Centeno House
Hosted by Counseling staff
Take some time to get out and de-stress with therapy dog Stella on some of her favorite local trails.

Lawn Days
2:00pm-4:00pm
Battell Beach
Hosted by the AFC
The AFC will have lawn games, drinks, and snacks out for students to just drop by and "take a load off." This is meant to be a laid back moment to play some games and hang out while taking a break from studying.

SPECS Movie Night
7:30pm-9:15pm
BiHall room 104
Hosted by SPECS educators
We will host a viewing for a movie that contains themes related to relationships or sexual health, and will provide pizza and popcorn for attendees. We will also provide an opportunity to discuss these themes from a sexual education standpoint.

Stressbusters Spring '23 Plaintext calendar

Friday, May 5th 2023

Weekday Morning Sitting Meditation
8:30am-8:45am
McCullough Reflection Space above the Crest Room
Hosted by the Scott Center
Join us for a brief sit led by a faculty or Scott Center staff.

Don’t Let Stress Burst Your Bubble!
11:30am-12:30pm
Outside of Proctor Dining Hall
Hosted by Health & Wellness Education
Drop by our table for some quick mood-boosters!

This calendar is curated by the office of Health & Wellness Education. Email healthandwellnessed@middlebury.edu for any questions.

Stressbusters Spring '23 Plaintext calendar

Monday, May 8th 2023

Weekday Morning Sitting Meditation
8:30am-8:45am
McCullough Reflection Space above the Crest Room
Hosted by the Scott Center
Join us for a brief sit led by a faculty or Scott Center staff.

Sign up for 30 minutes of acupuncture
10:00am-12:00pm
Health & Wellness Education office, Ross Ground Floor
Hosted by Health & Wellness Education
Sign up for a free, 30 minute acupuncture appointment: go/acupuncture

Free 15-minute massages!
3:30pm-5:30pm
Health & Wellness Education office, Ross Ground Floor
Hosted by Health & Wellness Education
Sign up for a free 15-minute massage: go/HWEmassage

Here & Now
4:00pm-4:30pm
McCullough Reflection Space above the Crest Room
Hosted by Counseling staff
Lighten your mental load with brief mindfulness practices that encourage calm and focus.

Stressbusters Spring '23 Plaintext calendar

Tuesday, May 9th 2023

Weekday Morning Sitting Meditation
8:30am-8:45am
McCullough Reflection Space above the Crest Room
Hosted by the Scott Center
Join us for a brief sit led by a faculty or Scott Center staff.

Free 15-minute massages!
3:30pm-5:30pm
Health & Wellness Education office, Ross Ground Floor
Hosted by Health & Wellness Education
Sign up for a free 15-minute massage: go/HWEmassage

Open therapy dog time
4:00pm-5:00pm
McCollough Patio (or outside Crossroads Cafe if needed for weather)
Hosted by Counseling staff
Come slow your pulse, take a deep breath, and make some new friends with therapy dogs Stella and Milo! They cannot wait to meet you.

The SlowDown
4:30pm-5:30pm
46 South St.
Hosted by the Scott Center
Join us for homemade chai and cookies, conversation and crafting!

Stressbusters Spring '23 Plaintext calendar

Wednesday, May 10th 2023

Weekday Morning Sitting Meditation
8:30am-8:45am
McCullough Reflection Space above the Crest Room
Hosted by the Scott Center
Join us for a brief sit led by a faculty or Scott Center staff.

Awe Walk
9:00am-10:00am
Ross Patio
Hosted by Health & Wellness Education
With the right outlook, awe can be found in almost any environment, turning a mundane experience into a flight of inspiration and wonder. Join Health Educator, Maddie Hope-Lyng for a guided awe walk experience from the Ross Patio to the Knoll.

Wakeful Wednesday
12:10pm-12:30pm
Middlebury Chapel
Hosted by the Scott Center
20 minutes of mindfulness and reflection, led by Dean of Spiritual & Religious Life Mark Orten.

Build a Self Care Kit
12:30pm-1:30pm
Outside of Ross courtyard
Hosted by Health & Wellness Education
Grab some stress relieving self care supplies. Decorate your own tote & fill it up with goodies!

Let's Talk
2:00pm-4:00pm
Virtue Field House Room 279
Hosted by Counseling staff
Informal and confidential conversations with a counselor. Drop ins welcome.

Slime making
2:30pm-3:30pm
Health & Wellness Education Office, Ross Ground Floor
Hosted by Health & Wellness Education
Come make some slime and hang out. It's that easy.

Otter Creek Cookies from the Alumni Office
2:30pm-4:30pm
Great Hall, Bi Hall and Library Entrance
Hosted by the Alumni Office
Take a break and join the Alumni Office for a cookie as well as an opportunity to win Midd swag.

This calendar is curated by the office of Health & Wellness Education. Email healthandwellnessed@middlebury.edu for any questions.

Stressbusters Spring '23 Plaintext calendar

Thursday, May 11th 2023

Weekday Morning Sitting Meditation
8:30am-8:45am
McCullough Reflection Space above the Crest Room
Hosted by the Scott Center
Join us for a brief sit led by a faculty or Scott Center staff.

Chat with a provider
11:00am-12:30pm
Outside of Crossroads Cafe
Hosted by Health Services & Health and Wellness Education
Ask some quick questions with our provider Amber Jimerson & grab stress relieving supplies.

Knots n' Thoughts
3:00pm-5:00pm
CARE Management Office, Stewart 214
Hosted by the CARE Management team
We'll be gathering to knit, crochet, cross stitch, embroider, color, and be creative in a low stress individual way. No skills or supplies needed. Drop in for the whole time or just a little bit.

Stress Less B I N G O
Any time
Virtual
Hosted by Health & Wellness Education
Aim for a BINGO at go/StressLessBingo. If you win, email healthandwellnessed@middlebury.edu for a prize!

Stressbusters Spring '23 Plaintext calendar

Friday, May 12th 2023

Weekday Morning Sitting Meditation
8:30am-8:45am
McCullough Reflection Space above the Crest Room
Hosted by the Scott Center
Join us for a brief sit led by a faculty or Scott Center staff.

Crafts, Crafts CRAFTS!!
11:00am-12:30pm
Health & Wellness Education Office, Ross Ground Floor
Hosted by Health & Wellness Education
Make a bracelet, paint a ceramic turtle, knit, sculpt a nose out of Play-Doh. We don't care what you choose, just come hang out. Crafting options and snacks provided.

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Stressbusters Spring '23 Plaintext calendar

Saturday, May 13th 2023

Spring Silent Retreat
9:00am-12:00pm
46 South St
Hosted by the Scott Center
Join us for a morning of silent togetherness, led by Professor Emliy Proctor This retreat, which will be held in silence, will consist of a series of meditation sits interspersed with breaks for rest or walking meditation. This simple structure, carried out together, allows for a collective quieting of mind and body, from which can emerge a subtle but deep sense of community. If you are new to meditation and curious about the retreat experience or if you are an experienced practitioner and would like a quiet morning to settle into your practice, this retreat is for you.

The retreat is open to all students, staff, and faculty. A brief, optional instruction period will be offered 8:30-9am, immediately preceding the retreat. Warm drinks and nourishing snacks will be provided during the break periods throughout the morning. Register by May 10th at https://docs.google.com/forms/d/e/1FAIpQLSd5toYTSEApQHmHWv4RdxKazJJ285wEJm1sR6bqCyZg-W_LiA/viewform

Stressbusters Spring '23 Plaintext calendar

Tuesday, May 16th 2023

Reading Day Away!
9:00am-4:30pm
Breadloaf Campus
Hosted by Center for Health & Wellness and Office of Student Engagement
Get off campus for a day of studying, support, and guided breaks! Come up to Breadloaf to enjoy a calming environment, a free catered lunch, and guided study breaks on the hour. Bring your work and study in community in the dining hall or find a cozy nook elsewhere on the grounds. Staff will be leading activities such as walks, hikes, meditations for focus and confidence, and arts and crafts. Therapy dogs will be there for petting, and much more will be announced every hour so you can take a break if you need!

Buses will be leaving and returning to campus from ADK circle at 8:30am, 12:30pm, and 4:30pm. You are also welcome to drive yourself; however, you must RSVP here: https://middlebury.presence.io/form/reading-day-away-rsvp-form